



“Gërmia Ultra Trail”

51km D+ 2460m

27km D+ 1410m

# REGULATION

FOR PARTICIPATION IN “GERMIA ULTRA TRAIL” RACE

## TABLE OF CONTENTS

1. ORGANIZATION.....	3
2. GENERAL INFORMATION .....	3
3. INFORMATION FOR PARTICIPANTS .....	3
4. LIABILITY DECLARATION .....	4
5. INDEPENDENCY DURING THE RUNNING.....	4
6. SAFETY AND MEDICAL ASSISTANCE.....	4
7. IMPLEMENTATION .....	5
8. OBLIGATORY AND RECOMMENDED EQUIPMENT FOR PARTICIPANTS .....	5
9. DROP BAG .....	6
10. CONTROL AND RECOVERY STATIONS .....	6
11. TIME LIMITS.....	7
12. MARKINGS AND NAVIGATION .....	7
13. EVENT PHOTOS .....	8
14. ENVIROMENTAL RESPONSIBILITY.....	8
15. DISQUALIFICATION.....	8
16. THE RIGHTS OF THE ORGANIZER .....	8



## 1. ORGANIZATION

The “Gërmia Ultra Trail” is the first international ultra trail race in Kosova organised by the Kosova Trail Running Association.

Since its foundation, KTRA has been a member of the ITRA International Trail Running Association.

This event will be organised with the support of the Republic of Kosovo institutions, business communities, sport admirers and different organizations that are operating in country.

## 2. GENERAL INFORMATION

Gërmia Park is a regional park located to the north-east of Pristina, Kosova, and covers an area of 62 square kilometres. Its highest point, Butoc Peak, is 1050 meters above sea level and its lowest is 663 meters above sea level. Due to its geographical position and climate, Gërmia Park has a rich fauna with 63 species of animals and a variety of about 600 species of flora.

The Gërmia Ultra Trail is a single-day sporting race of trail running which includes two distances:

- 51km and elevation gain of 2,460m
- 27km and elevation gain of 1,410m

The race will take place in the area of Prishtina, the capital city of Kosova, in Gërmia Park. This area is abundant with natural beauty and is considered as the treasure of Prishtina and Kosovo.

All participants regardless of the discipline will be provided up-to-date information through the Gërmia Ultra Trail FB-FP site and event web site, [www.germiaultratrail.com](http://www.germiaultratrail.com) or facebook: @germiaultratrail and via the official email: [kosova.trailrunners@gmail.com](mailto:kosova.trailrunners@gmail.com).

All participants are required to respect the departure and to arrive at the starting point at least 1 hour in advance.

## 3. INFORMATION FOR PARTICIPANTS

- The race is open for men and women over 18 years of age.
- Participation in the race is on the basis of personal responsibility and liability and the organizer assumes no responsibility in case of injury, accident or death;
- Each participant holds personal responsibility for their actions in and around the path, especially in case of violation of the laws of the Republic of Kosovo.
- Participants should be fully aware of the length and specification of the race and be fully prepared for it;
- Participants should have gained adequate physical and psychological preparation and survival skills in mountain conditions, related to microclimate changes (heat, rain, fog, wind, night, low temperature);
- Participants should be able to cope with physical and mental problems, digestive problems, pain in the locomotor system;
- The organizer assumes no responsibility for assisting in addressing the issues and concerns mentioned above, even though the organizer intends to offer first aid in specific cases;
- By enrolling in one of these running categories via online registration or in person, each participant affirms that he or she is aware of and assumes the risks of outdoor competition;

- each participant should note and take into account any problems with his/her health;
- KTRA as the organizer will provide support in the aspect of static or ambulatory services in case of serious complications resulting from the loss of the pathway or injury;
- KTRA will provide food and refreshment at 7 stationary points throughout the 51K race and at 4 stationary points throughout the 27K race, although the organizers suggest that you have your own meals or personal supplements during the race.

#### **4. LIABILITY DECLARATION**

Voluntary registration and subsequent participation in the "Gërmia Ultra Trail" race confirms that the participant is familiar with these rules and agrees to fully accept the principles and regulations set forth herein.

#### **5. INDEPENDENCY DURING THE RUNNING**

The term "independent" means the ability of a participant to depend on himself in any part of the race. In addition to food and drink, this applies to clothing and equipment during the event, enabling the participants to be capable and cope with the environment (heat, fog, wind, storms, injuries).

At checkpoints or breaks the participant can get quick food and water from the race organizers, but between these points the participant should be able to rely on his or her equipment, food and drink, readiness and resilience.

Participants should have experience of adapting to natural conditions, unexpected changes in weather conditions, heat, wind, fog, rain, storms, and animal encounters.

The organizer will mark the route appropriately (details in the "RACE MARKING" section), however, participants should have a minimal sense of orientation in nature.

#### **6. SAFETY AND MEDICAL ASSISTANCE**

In case of injury or any other need, participants should/must call the SOS phone number provided by the organizer. If they are in an area not covered by telephone signal, they should/must ensure that a message is carried forward to the next checkpoint - so that actions are taken as soon as possible.

At each control / recovery point the organizer will provide basic emergency equipment (bandages, flasks, iodine-betadine); these will be made available to runners by volunteers.

We suggest that each participant has an individual medical package in his / her own bag: (paracetamol, compression or bandages, iodine, thermoregulatory isolation cover)

The organizer will do its best to reduce the risks and as such kindly ask competitors to follow their advice, recommendations and instructions.

- The Organizers advise every competitor to have health insurance.

- The Organizers advise all competitors to monitor their health in advance of and during the race, and also recommend a stress test one month before the event to determine the fitness for this event.
- Any competitor who has a disease or medical condition is advised to consult a specialist for permission to attend this kind of event.

In order to preserve the safety and health of the participants, the medical check-up teams have the power to prevent entry to the race or to require withdrawal if they judge that the participant is no longer able to continue without endangering their health.

If such a participant fails to comply with this decision, then the participant will be disqualified from the event and the organisers accept no responsibility for health or other consequences.

Participants are required to follow the instructions from the coordinator / assistants, race volunteers or medical teams along the race course.

Any breach of these guidelines will lead to the disqualification of a competitor but as noted above if he or she refuses to withdraw, the organizer shall not be held responsible for potential consequences or side effects.

## 7. IMPLEMENTATION

Registration begins on 8th April 2019 and lasts until 2nd June 2019.

If the race is canceled or terminated due to atmospheric factors or any factor outside of the organizer's control (force majeure), the participant is obliged to walk and wait for help, orientation or transportation as directed by the event organizer or emergency services. The contact sheet is marked on the phone and on the event sheet. Bear in mind that priority will be given to emergencies (injured or missing) at all times.

Cancellation due to injury. In the case of non-chronic osteo-articular or muscular damage acquired after registration and not completely curable before starting of the event we recommend canceling participation.

## 8. OBLIGATORY AND RECOMMENDED EQUIPMENT FOR PARTICIPANTS

1. **The race number:** clearly visible - **OBLIGATORY**
2. **Mobile phone:** switch on all the time **OBLIGATORY**
3. **Head Lamp:** **OBLIGATORY** for 51k participants
4. **Water:** Minimum 1 L in a convenient running bag - **OBLIGATORY**
5. **Emergency Blanced:** **OBLIGATORY** for 51k participants
6. **Whistle:** **OBLIGATORY**
7. **Rain Jacket:** Suitable for mountain conditions **RECOMMENDED**

- 8. **Hat, headscarf:** **RECOMMENDED**
- 9. **Sun creme:** **RECOMMENDED**
- 10. **Energetic food** or similar solid foods: **RECOMMENDED**
- 11. **Hiking poles:** **RECOMMENDED**
- 12. **First aid package:** **RECOMMENDED**

Participants should keep OBLIGATORY items with them throughout the race. The organizer has the right to verify the compulsory equipment of the participants at any checkpoint (even without notice) and absences will be noted and may lead to disqualification.

Participants are not required to possess RECOMMENDED items , but the organizers strongly recommend their use.

The use of hiking sticks is allowed but if the participant decides to use them, he / she should retain them throughout the race.

## 9. DROP BAG

All the runners will be equipped with a carry bag and bib number from the organizer which together with the most needed items of the participants can be left at the organizer's premises before the start. At the end of the race, runners can take their carry bags from the organizers after showing their bib number.

If participants do not retrieve their bag within 12 hours following the race, it will be subject to destruction for reasons of hygiene.

## 10. CONTROL AND RECOVERY STATIONS

There are 7 stations or checkpoints and first aids for runners in the 51K race and 4 stations or checkpoints for the runners in the 27K .

At these points participants will be scanned / registered, and will receive appropriate health care, food (fruits, sweet/salty snacks, etc.), water and other refreshing drinks.

Control at each of the race checkpoints is mandatory. Anyone who does not present themselves as any of the checkpoints will be disqualified from the official events. Only numbered participants are allowed to be served at these stationary points.

### Race "Gërmia Ultra Trail" 51k Run

STATION Stacionet	Description Përshkrimi	Total Dist. (KM)	Dist. to next CP (KM)	D+ Accum. (M)	D+ to next CP (M)	D- to next CP (M)	Time Limit Limiti Kohor (HRS)	Facilities Shërbimet në CP
START	Gërmia Park	0	8.4	0	485	212		 
CP1	Village Butovc	8.4	4.2	485	259	291		 
CP2	Road Zllatar – Gërmi Park	12.7	9.8	744	295	572		 

CP3	Bear Sanctuary	22.5	7.2	1039	362	287		
CP4	Village Zllatar	29.8	1.9	1401	220	22		
CP5	Road Zllatar – Gërmi Park	31.7	5.6	1621	127	395	07:00	
CP6	Bear Sanctuary	37.4	5.9	1748	447	172		
CP7	Road Zllatar – Gërmi Park	43.3	7.1	2195	265	503		
FINISH	Gërmia Park	51	0	2460	0	0	11:00	

### Race “Gërmia Bear Trail” 27k Run

STATION Stacionet	Description Përshkrimi	Total Dist. (KM)	Dist. to next CP (KM)	D+ Accum. (M)	D+ to next CP (M)	D- to next CP (M)	Time Limit Limiti Kohor (HRS)	Facilities Shërbimet në Stacione
START	Gërmia Park	0	8.4	0	485	212		
CP1	Village Butovc	8.4	4.1	485	259	291		
CP2	Road Zllatar – Gërmi Park	12.5	5.7	744	141	404		
CP3	Bear Sanctuary	18.3	6	885	452	177	05:00	
CP4	Road Zllatar – Gërmi Park	24.3	2.6	1337	73	323		
FINISH	Gërmia Park	27	0	1410	0	0	07:00	

## 11. TIME LIMITS

**27K Run:** the time limit for completing the race is 7 hours. Participants must reach CP3 within 5 hours.

Transport will only be provided at checkpoint CP3 for those participants who are unable to continue the race or have failed to meet the deadline set by the organizer.

**51K Run:** the time limit for completing the race is 11 hours.

Transport will only be provided at checkpoints CP3, CP4 and CP6 for those participants who are unable to continue the race or have failed to meet the deadline set by the organizer. Check the time limit on the table above.

## 12. MARKINGS AND NAVIGATION

White and red tape are the official signs for orientation or marking during the run and they will be placed at regularly intervals so that participants do not have any major orientation problems.

It is allowed and recommended to use GPS navigation . However, GPS orientation is approximate. The official race route is that marked by red and white signs. The organizers may make small adjustments to the race route due to changes in the ground condition.

If any participant loses or leaves the route, they should return to the last point where there was a sign and to look carefully for another sign a different direction.

Due to the nature of trail running, atmospheric conditions and terrain can present difficulties over time. This requires runners to be equipped with survival skills and have proper psychological and physical preparation.

**Route for 51km race:** <https://tracedetrail.fr/en/trace/trace/83372>

**Route for 27km race:** <https://tracedetrail.fr/en/trace/trace/83373>

**Germia Ultra Trail web:** [www.germiaultratrail.com](http://www.germiaultratrail.com)

### 13. EVENT PHOTOS

By adhering to these rules, each participant acknowledges that their name and photo can be used either by the organizers or sponsors of this event for promotional purposes on all media and social networks, as well as waiving their copyright claim on official photos of the event.

Therefore all official photographs of the event are the property of the organizer and they should not be used and taken without prior approval. The organizer has the right to use these pictures for their needs.

### 14. ENVIROMENTAL RESPONSIBILITY

"Germia Ultra Trail" will be a trail running race that also requires responsive environmental behavior.

As an organizer, we appeal to all of you, the volunteers and the public, to be extremely careful and not to pollute the environment by throwing or leaving garbage or clothes in inappropriate places.

Participants who need to throw garbage should bring the garbage to the next checkpoint or leave them in their personal bags until they find an adequate point to dispose of it.

Let's try to make our behavior an example to others and to contribute to the nature and the environment being clean and unspoiled - for us and for future generations.

### 15. DISQUALIFICATION

The organizer has the right to consider disqualifying a runner in the following situations:

- The runner is NOT registered at one of the checkpoints.
- Intentionally attempts short cuts along the path.
- Does not help a runner who needs help.
- Uses a transport vehicle along the path, without being forced due to health conditions.
- Opposes controls from organizers during the event.
- Lack of compulsory equipment or refusal to show it in during inspection by volunteers
- Violation of an order of a competent person – organizer or medical assistance personnel
- Tampering with course marking or deviating other participants from the marked path

### 16. THE RIGHTS OF THE ORGANIZER



The organizer reserves the right to modify and change the race path, checkpoints and start times at any time due to objective reasons.

If any undesired weather (potential storm or bad weather conditions), the organizer reserves the right to make changes to any part of the route or to cancel the race.

The start of the race can also be changed for several hours or postponed due to undesirable weather conditions.

**KTRA, Prishtinë,  
April 2019**